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SERVICES AND BENEFITS AVAILABLE FROM WIC:

- ▶ Breast pumps and supplies for breastfeeding moms per WIC guidelines
- ▶ Breastfeeding peer counseling to help with breastfeeding concerns and provide support
- ▶ Healthy food packages include fresh fruits and vegetables, whole grain bread, brown rice, canned tuna/salmon, eggs, cheese, low fat milk, iron-fortified cereal, dry beans, peanut butter and fruit juice
- ▶ Nutrition education including healthy eating tips and recipes
- ▶ Referrals to community and health care programs

WIC INCOME GUIDELINES:

- ▶ To be eligible, applicants must have a total household income at or below a level set by the USDA.
- ▶ Current income guidelines can be viewed at: louisianawic.org
- ▶ Income eligibility is determined by gross income, and some exclusions may apply.
- ▶ Applicants with proof of Medicaid, SNAP or TANF automatically meet income requirements.
- ▶ One pregnant woman may count as two household members for income eligibility.



For more information call
(800) 251-BABY (251-2229)
or visit our website at
louisianawic.org

WOMEN, INFANTS AND CHILDREN (WIC)

"This institution is an equal opportunity provider" WIC 38 - Rev. 2/2018

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DEPARTMENT OF HEALTH | Public Information Series



Your child has you,
and you have WIC.



Louisiana WIC Program
An Equal Opportunity Provider

WHAT IS WIC?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides healthy foods, breastfeeding support, nutrition education and referrals to other social services to women who are pregnant, breastfeeding or postpartum. Infants and children up to their fifth birthday may also receive benefits.

WHO IS ELIGIBLE FOR WIC?

- ▶ Women who are pregnant
- ▶ Women who are breastfeeding
- ▶ Women who just had a baby
- ▶ Infants and children up to age 5

And, who meet eligibility requirements

To receive WIC benefits, you must live in the state of Louisiana.

WHAT ABOUT INCOME?

- ▶ Meet income guidelines
- ▶ You may automatically qualify for WIC if you are enrolled in Medicaid or receive SNAP or TANF benefits.

FREQUENTLY ASKED QUESTIONS

Q. It is hard for me to get off from work or school to come to all of the WIC appointments. What can I do?

A. The WIC program lets you assign a proxy to attend WIC appointments for you. Your proxy can also shop for your WIC foods for you.

Q. I can't take my child out of school to come to WIC appointments. What can I do?

A. Children should be present at their first visit, but there are certain times when the child does not have to be present. Please ask your local WIC office.

Q. Do I need to be eligible for Medicaid to qualify for WIC?

A. No, you just need to meet the income guidelines. You can find the income guidelines by contacting your local WIC clinic or our website at louisianawic.org

HOW TO BECOME A WIC PARTICIPANT

- ▶ Call (800) 251-BABY (251-2229) to locate the clinic nearest you.
- ▶ Call that clinic to make an appointment and find out if you and/or your children are eligible for WIC.
- ▶ You will need to bring proof of income, residency and identification to your WIC appointment.

For income, bring proof of all income sources for every person with income living in your house:

- ▶ Proof of participation in Medicaid, SNAP or TANF (participants of these programs have the right income for WIC)

If no one in your household participates in Medicaid, SNAP or TANF, please bring any of the following:

- ▶ Pay stubs for the last 30 days
- ▶ Current income tax records
- ▶ Letter from employer with salary amount
- ▶ Proof of Social Security or unemployment benefits
- ▶ Alimony or child support payments
- ▶ Other proof (ask clinic)

For residency (where you live), bring one of these items:

- ▶ Rent/mortgage receipt
- ▶ Utility bill
- ▶ Other proof (ask clinic)

For identification, each person applying for WIC, caregiver and/or proxy, should bring one of these items:

- ▶ Driver's license
- ▶ Birth certificate
- ▶ State, school or military ID card
- ▶ Other proof (ask clinic)